

- ✓ **Increase Academic Performance**
- ✓ **Improve Nutrition and Energy**
- ✓ **Decrease Risk of Substance Abuse**

Here's how:

*Family Dinner Nights**

👉 Find out why eating together is important, **WIN** a dinner for your family — and get **BACK TO THE TABLE!**
(see reverse for details)



LEAD
Strong Families
Healthy Youth

** Recommended frequency of meals, 5+ nights per week for maximum results. Warning: May be habit forming!*

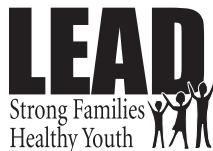
Celebrate
NATIONAL FAMILY DAY!!
Monday, September 24th ... and Everyday

Get back in the habit – eat dinner together as often as you can!

The **more often** children eat dinner with their families, the **less likely** they are to smoke, drink or use drugs — and the **more likely** they are to get better grades and develop healthier eating habits.*

To learn more and register to win a **free family dinner** for four at *Francesca's Intimo*, *Holly's American Bistro*, or *Sushi Kushi Toyo* **visit www.leadweb.org**.
Contest ends 10/1/07.

*Based on Research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University



400 E. Illinois Rd.
Lake Forest, IL 60045
(847)295-9075
www.LEADweb.org

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